



An Australian Government Initiative

Fees

Resthaven Therapy Services are funded by the Australian Government Department of Health and Ageing.

There is a recommended fee structure which acts as a guide for the fees charged.

Fees may be negotiated where the recommended fee is beyond an individual's financial capacity.

Interpreter Services

Use of an appropriately qualified, accredited interpreter can be arranged with the Translating and Interpreting Service of the Department of Immigration and Citizenship, telephone 131 450.

Resthaven Therapy Services

Locations

Resthaven Northern Community Services

16 Gillingham Road, Elizabeth SA 5112
Telephone (08) 8252 6811
northerncs@resthaven.asn.au

Resthaven Marion Community Services

43 Finniss Street, Marion SA 5043
Telephone (08) 8296 4042
marioncs@resthaven.asn.au

Resthaven Paradise & Eastern Community Services

61 Silkes Road, Paradise SA 5075
Telephone (08) 8337 4371
pecs@resthaven.asn.au

For more information about the range of services offered by Resthaven, visit:

www.resthaven.asn.au



Falls Prevention Class



For people with poor balance and at risk of falling



Introduction

The Falls Prevention Class is designed for people who have poor balance and are at risk of falling.

The class is conducted by a health professional and involves exercises which:

- strengthen muscles
- improve balance reactions
- improve flexibility
- improve fitness and stamina
- increase confidence in mobility.

A balance assessment is undertaken prior to commencement, and on completion of classes.

The class is a small, friendly group that enjoys exercising together, using special equipment.

A physiotherapist checks walking aids for suitability and height.

Requirements

Comfortable clothes, such as track pants or trousers, are recommended.

Home Exercises

Exercises to do each day at home will be provided.

Causes of Falls

- poor balance
- weakness of muscles
- stiff joints
- slow reaction times
- rushing, causing lack of concentration and carelessness
- tiredness
- dizziness
- hazards about the home
- taking risks - eg standing on chairs
- unsuitable clothing or footwear
- weakening eyesight - 300% more light is needed by the elderly to see as well as a 20 year old
- incorrect use of medication can cause dizziness or poor balance.

The Falls Prevention Class teaches strategies to prevent falls.

Facts About Falls

- Falls are the most common cause of hospitalisation in persons over the age of 65 years.
- The risk of falling increases with age.
- Most falls occur at home.
- Falls are the major reason for older people deciding to move into residential care.
- Most of the falls that occur at home are preventable.
- Strengthening exercises reduce the risk of falls and the likelihood of fractures.

About Therapy Services

Resthaven Therapy Services offer rehabilitation and support aimed at improving quality of life for older people. Multi-disciplinary teams of health professionals provide treatment programs which are based on individual needs.

A doctor's referral is not required for therapy services.